



Hey Bindi, why the sad ears?

My ears are sore. It feels like my ears are blocked.



Looks like your ears are sick. My cuz Roo had the same problem, but he got help.

Get your ears checked by the doctor Bindi!



Wow! Your sad ears are gone!

Yes, I took the doctor's medicine for my sore ears.



I'm still following the doctor's steps to keep my ears happy

- And the Doctor said:
- ✓ Wash your face and hands
 - ✓ Blow your nose
 - ✓ Eat yummy fruit and vegies
 - ✓ Keep away from cigarette smoke
 - ✓ Stay home if you're sick



Ay, I can hear your cuz coming! Let's go play footy!

HEALTHY EARS
HAPPY KIDS

HEALTHY EARS HAPPY KIDS

Talk to your health worker, nurse or doctor

Contact your nearest Health Clinic:



WITH HEALTHY EARS, YOUR KIDS WILL:

- * Learn language and talking
- * Listen to family stories
- * Listen to music
- * Talk with family and friends
- * Be good at school
- * Feel good about themselves and get a job later in life



LOOK OUT FOR THESE SIGNS FOR SICK EARS

- * Signs of a cold (coughing, sore throat, runny nose)
- * Difficulty listening and hearing (saying "What!" all the time), not paying attention
- * Crying, fever, irritable
- * Runny ears
- * Constant pulling of ears



WHAT CAN I DO TO HELP MY KIDS HAVE HEALTHY EARS?

- * Quit smoking if you're pregnant
- * Breastfeed - it helps fight infection
- * Make sure your kids wash their face and hands regularly
- * Make sure kids get their vaccinations
- * Keep them home if they are sick

WHY IS TAKING CARE OF KIDS' EARS SO IMPORTANT?

- * Kids can understand their parents and friends better
- * Good hearing makes learning easier
- * If ears aren't looked after properly, it can lead to hearing problems
- * Healthy Ears = Happy Kids!



HEALTHY EARS HAPPY KIDS